

## Pan Seared (Fried) Pork Chops

*Recipe by Chef Marvin Woods*

**Yield:** Makes 6 servings

### Ingredients

1/2 cups canola oil  
2 teaspoons House Seasoning, recipe follows, divided  
1 teaspoon kosher salt  
2 cups water  
6 pork chops  
1 cup buttermilk  
1 cup rice flour

### Instructions:

Heat oil in a large, heavy bottomed pot to 350 degrees F.

Preheat oven to 400

Place kosher salt in a bowl. Add water to the bowl and stir. Pour half of the mixture into a sealable bag. Add pork chops to the bag and place in the refrigerator. Marinate for 4 to 6 hours. Sprinkle the seasonings on both sides of the pork chops, rubbing them thoroughly into the meat. Pour buttermilk over meat and turn to coat on all sides with flour. Roll each chop and shake off the excess. Carefully place the chops in the heated oil, 2 at a time, into the hot oil, for 1 to 2 minutes on both sides. Remove the chops from the oil and place on a baking sheet. Place into the oven and cook for an additional 7 to 9 minutes or until the internal temperature (on a thermometer) reaches 145 degrees. Drain on paper towels before serving.

### House Seasoning:

4 tablespoon black pepper  
4 tablespoon garlic powder  
4 tablespoon onion powder

Mix ingredients together and store in an airtight container for up to 6 months.



### Total Nutrition Facts (per serving)

Calories:	363.6
Total Fat	16g
Saturated Fat	2.8g
Trans Fat	0.1g
Cholesterol	123.6mg
Sodium	659mg
Total Carb.	11.7g
Dietary Fiber	0.4g
Sugars	1g
Protein	40.6g